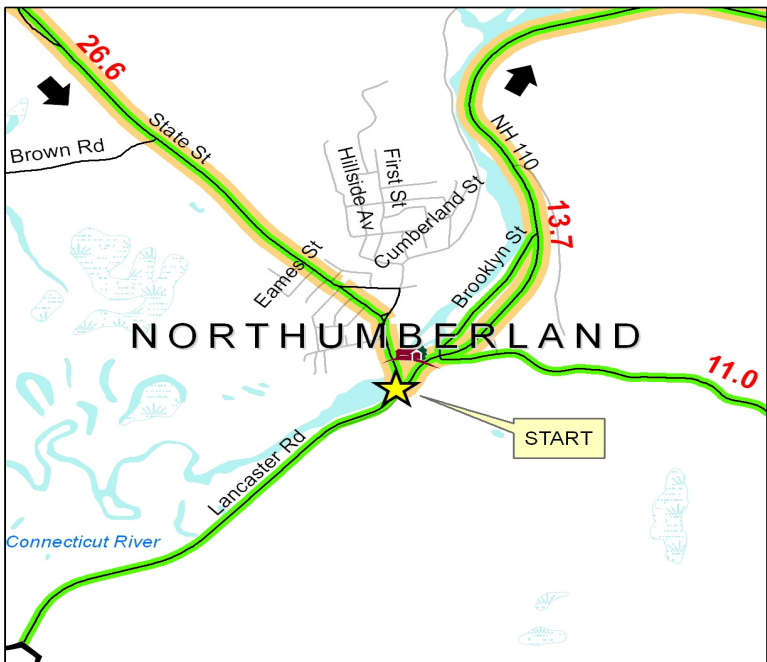
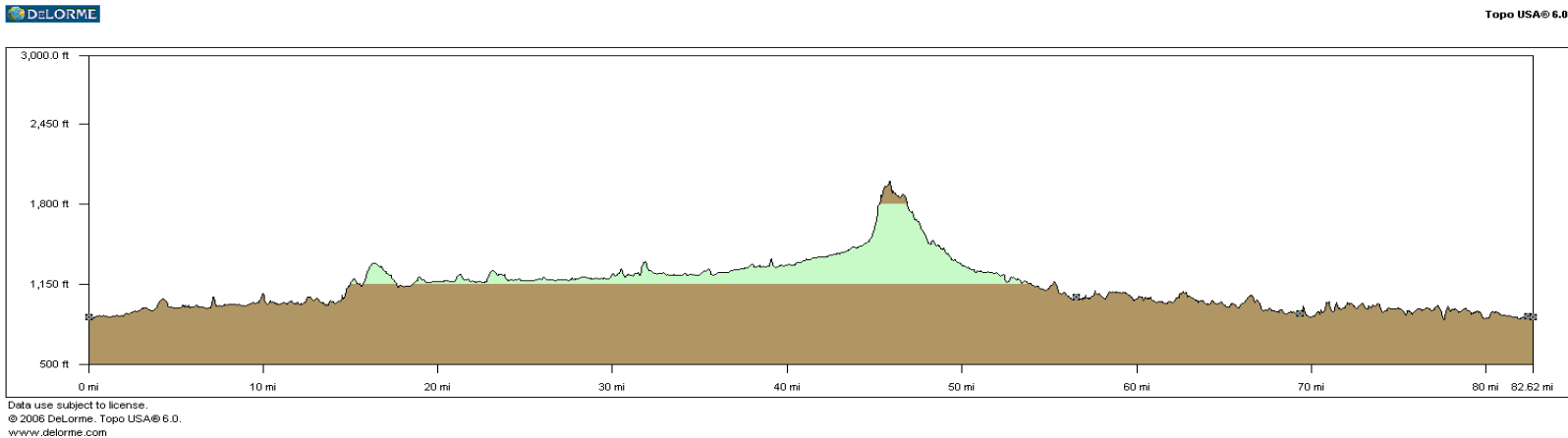


RECREATIONAL LOOP 101

Map Grid	Loop ID	Start Location	Recommended Direction of Travel	Distance Miles	Experience Level	Loop Features
D8	101	Northumberland	Counter Clockwise	82.6	Expert	Stark Covered Bridge 13 Mile Woods Dixville Notch Balsams Resort

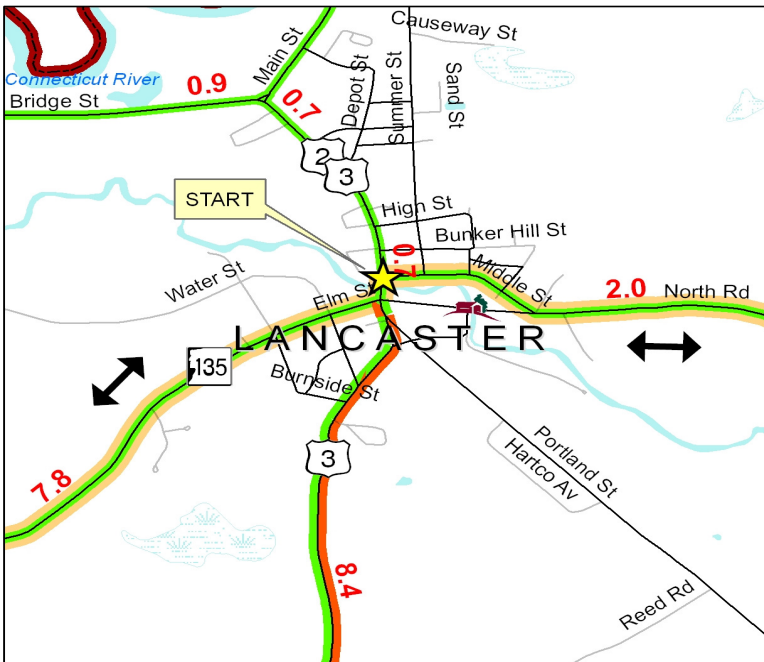
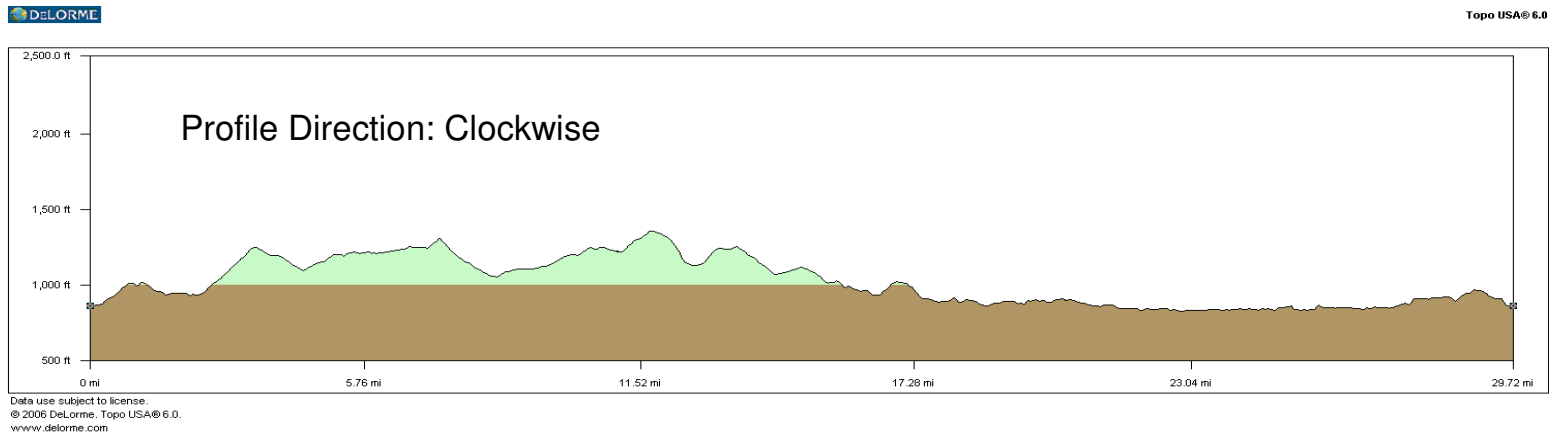
QUE Sheet Loop 101					
Turn	Start	at	Road	Dist (Miles)	Total Dist (Miles)
Go straight (E)	on		NH 110 (Stark Hwy)	13.74	13.74
Turn left (ENE)	on		NH 110A (Muzzey Hill Rd)	3.92	17.66
Turn left (NW)	on		NH 16 (Berlin Rd)	17.23	34.89
Turn left (WNW)	on		NH 26 (Colebrook Rd (East Side Rd))	21.46	56.35
Turn left (SW)	on		US 3 (Main St)	25.61	81.96
Go straight (SE)	on		Church St	0.17	82.13
Keep right (S)	on		US 3 (Main St)	0.29	82.42
Finish	at		NH 110 / US 3 Intersection		



RECREATIONAL LOOP 102

Map Grid	Loop ID	Start Location	Recommended Direction of Travel	Distance Miles	Experience Level	Loop Features
C10	102	Lancaster	Bi-Directional	29.7	Intermediate	Covered Bridge - Lancaster Whitfield Village Connecticut River

QUE Sheet Loop 102					
Turn	Start	at	Road	Dist (Miles)	Total Dist (Miles)
Go straight (E)	on		US 2 / NH 135 Intersection	0.52	0.52
straight (E)	on		Mechanic St	0.34	0.86
straight (ESE)	on		Middle St	0.34	1.20
Turn left (ESE)	on		North Rd	6.15	7.01
Turn left (ESE)	on		US 2 (Presidential Hwy)	0.25	7.26
Turn right (SW)	on		NH 116 (Bailey Rd)	8.80	16.06
Go straight (WNW)	on		Elm St	0.34	16.4
straight (NNW)	on		NH 142 (Elm St)	5.50	21.9
Turn right (NE)	on		NH 135 (Connecticut River Rd)	7.80	29.7
Finish	at		NH 135 / US 2 Intersection		



Great North Woods Region Rest Areas

Map Grid	Map ID	Name	Location	Phone	Schedule
D5	R-1	Colebrook	Route 3, Colebrook	237-8793	Open: May 26 to October 12 Times: Friday - Sunday 8-8 and Monday to Thursday 9-7

GREAT NORTH WOODS REGION AIRPORTS

Map Grid	Map ID	Name of Airport	Town	Runway 1	
				Paved	Length(ft)
D5	A-1	Gifford Field	Colebrook	No	2,440
F6	A-2	Errol Airport	Errol	No	3,680
F9	A-3	Berlin Airport	Milan	Yes	5,200

GREAT NORTH WOODS REGION STATE PARKS & NATURAL AREAS

Map Grid	Key	PARK OR NATURAL AREA	Min. Biking	Boat Launch	Boating	Camping	Fishing	Guided Tours	Hiking	Pets Allowed	Picnicking	Swimming	Winter Use
F7	1	Androscoggin Wayside Park					X			X	X		
D5	2	Beaver Brook Falls Wayside								X	X		
E4	3	Coleman State Park	X	X	X	X	X			X			X
F2	4	Deer Mountain Campground	X	X	X	X	X		X	X			
E5	5	Dixville Notch State Park							X	X	X		
C11	6	Forest Lake State Park					X				X	X	
C10	7	John Wingate Weeks Historic Site	X					X	X		X	X	X
E3	8	Lake Francis State Park	X	X	X	X	X			X			X
F9	9	Milan Hill State Park				X				X	X		
F7	10	Mollidgewock State Campground			X	X	X			X			
F9	11	Nansen Wayside Park	X				X			X	X		
G7	12	Umbagog Lake Campground	X	X	X	X	X			X	X	X	

New Hampshire State Parks have varying degree of accessibility. Most parks have accessible restrooms and picnic facilities, and all state park campgrounds have accessible campsites. To ensure that the appropriate facilities are available to meet specific needs, please call ahead to the park you hope to visit.

This map was put together as a public service to provide information to bicyclists. The State of New Hampshire and the cities and towns on whose roadways or rail-trails you will travel, and the agencies, groups and individuals who have contributed to the development of this map are not responsible for your personal safety, and in no manner warrant or guarantee the safety of the roads or rail trails on this map for use by bicyclists.

GREAT NORTH WOODS REGION

This map provides you with a key to experiencing on your bicycle all that New Hampshire has to offer – majestic mountains, sparkling lakes and rivers, beautiful beaches, vibrant cities and idyllic small towns. As you discover our state bicycle trails, it won't take you long to find out for yourself why New Hampshire was named the "Most Livable State" in the nation for the fourth year in a row. You will pass through scenery and communities that have inspired artists, poets and writers for generations. And I know that once you discover New Hampshire, you'll want to explore our bicycles paths and our state again and again.

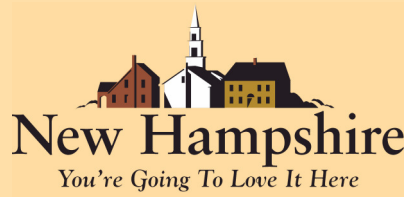
-John H. Lynch, Governor

NEW HAMPSHIRE BICYCLE MAP



DTTD/Larry Dale

GREAT NORTH WOODS REGION



Reflectors

Reflectors will increase your ability to be seen. No person shall operate a bicycle, except for a bicycle equipped with clipless pedals, unless such bicycle has pedals equipped with a reflector of a type approved by the director which conform to 49 CFR 571.108 Table 2 and which shall be visible from a distance of 200 feet during darkness. (RSA 266:87(I))

No Person, during darkness, shall operate a bicycle equipped with clipless pedals unless the operator is wearing either reflectorized leg bands on the lower exterior of the operator's legs or some other type of light reflective equipment on the exterior of either the operator's legs or shoes. (RSA 266:87(II))

Handlebars and Seat

Be sure your bicycle fits you. Keep handlebars and seat adjusted tightly and correctly. A person propelling a bicycle shall not ride other than upon or astride a permanent and regular seat attached to the bicycle. (RSA 265:144(I))

Don't Carry Passengers

No bicycle shall be used to carry more persons at one time than the number for which it is designed and equipped. (RSA 265:144(II))

Don't Cling to other Vehicles

Clinging to a moving vehicle is extremely dangerous. No person riding a bicycle shall hold fast to or hitch onto any vehicle moving upon a way. (RSA 265:144(III), RSA 265:145)

Helmets Must Be Worn By Children Under 16 Years of Age

No person less than 16 years of age may operate or ride upon a bicycle on a public way unless he or she wears protective headgear of a type approved by the commissioner of Health and Human Services (RSA 265:144(X))

Ride Single File

Never block traffic by riding two abreast. Persons riding bicycles two or more abreast shall not impede the normal and reasonable flow of traffic, and on a laned roadway shall ride within a single lane. (RSA 265:144(V))

Use of Hand Signals

Bicyclists intending to turn right or left shall not be required to give a continuous hand or arm signal if the hand is needed in the control or operation of the bicycle. (RSA 265:144(VI))

Respect the Laws in NH Communities

Any bicyclist shall stop upon demand of a peace officer and permit his bicycle to be inspected. (RSA 265:144(VIII)) Any city or town shall have the power to make ordinances, bylaws or regulations respecting the use and equipment of bicycles. (RSA 265:149)

Keep your Bicycles Safe

Do a bicycle safety check before you ride. No bicycle shall be operated unless the steering, brakes, tires and other required equipment are in safe condition. (RSA 265:144(X))

Traffic Laws Apply to Bicycles

Every person riding a bicycle has the same rights and privileges of persons driving cars. The bicycle driver has the same responsibilities as other drivers. Every person riding a bicycle shall have all of the rights and be subject to the duties applicable to the driver of any other vehicle under the rules of the road. (RSA 265:143)

Lights Required for Night Riding

You must see and be seen to be safe on a bicycle. Every bicycle operated upon any way during darkness shall be equipped with a lamp emitting a white light visible from a distance of 300 feet in front of the bicycle and with a red reflector on the rear of a type approved by the director, which shall be visible from a distance of 300 feet to the rear when directly in front of the lawful upper beams of headlamps on a motor vehicle. A lamp emitting a red light visible from 300 feet to the rear may be used in addition to the red reflector. (RSA 266:86)

Brakes

In order to ride safely you must be able to stop your bicycle when you want to. Maintain your brakes in good condition and check them before each ride. Every bicycle shall be equipped with a brake or brakes which will enable its driver to stop the bicycle within 25 feet from a speed of 10 miles per hour on dry, level, clean pavement. (RSA 266:88)